

OCTOBER 2021

5 WAYS TO WELLBEING ACTION CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Click on each day to find out more!	1 Feel Good Friday	2 Hold a games afternoon with friends or family	3 Spend some time gardening
4 Write down 3 things you are grateful for	5 Read a new book	6 Book an appointment for a blood donation <small>Click here to book</small>	7 Call a friend for a chat	8 Feel Good Friday	9 Try mindful eating <small>Click here to find out more about mindfulness</small>	10 Mental Health Day
11 Pay it forward	12 Check in on someone	13 Try a dance workout on Youtube <small>Click here for inspiration</small>	14 Look for beauty in the unexpected <small>Click here to learn more</small>	15 Feel Good Friday	16 Pick up 5 pieces of rubbish on your walk today	17 Have a picnic with friends or family
18 Try a new walking track	19 Spend some time in nature	20 Smiling Mind workshop <small>Click here for more information</small>	21 Give someone a compliment	22 Feel Good Friday	23 Try to stand as much as possible today	24 Do a 5-minute meditation
25 Learn about the land you live on	26 Bake a treat for someone you care about	27 Have a walking date with a friend	28 Try a Yoga pose <small>Click here for inspiration</small>	29 Feel Good Friday	30 Spend some time to reflect	31 Volunteer your time

ACN: 136 467 715



WE WOULD LOVE TO SEE HOW YOU HAVE BEEN DOING THE 5 WAYS

Share your photos in the comments section on our Mental Health Month social media posts to be featured on our website.

Developed by the BCHS Health Promotion Team

**IT'S IMPORTANT TO LOOK AFTER
YOUR BODY AND YOUR MIND**

Visit www.bchs.com.au to learn more about the 5 Ways to Wellbeing

